



Recipes

HIGHLY NUTRITIOUS DISHES
EASY TO MAKE

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INTRODUCTION

IT is only recently that the world generally has realised the important part which food plays in our daily life, particularly as regards health.

It is gratifying to the makers of Grape-Nuts, Post Toasties, Instant Postum and Post's Bran Flakes, to be able to state that from the very first these tasty food products have represented the utmost value from the standpoint of nutritive content. This fact must appeal to every user of these products in their simple form, and to the careful housewife who employs them in preparing the dainty dishes described in this booklet.

Grape Nuts.

Grape-Nuts is a highly nutritious food in the form of crisp, golden granules. It contains the full nutriment of wheat and malted barley, including vitamin-B and mineral elements required for building sturdy health.

No other food is so thoroughly baked as Grape-Nuts. Many hours are consumed in the process which breaks down a large part of the starch into a form the body can readily absorb and turn into health and strength.

The form and texture of Grape-Nuts are such as to invite thorough mastication—a decided advantage because this not only provides proper exercise for the teeth but assists digestion. With Grape-Nuts digestion starts where it should—in the mouth.

Grape-Nuts lends itself to a wide variety of uses. The convenience and economy of Grape-Nuts and the flavour, zest and wholesomeness which it imparts to other food make it deserving of a place in your home.

Post Toasties.

Post Toasties are the Improved Corn Flakes—the Corn Flakes that stay crisp in the milk or cream.

These delicious flakes are made from the hearts of sun-ripened corn, cooked, flaked and toasted to an appetising golden brown. Ready to serve direct from the packet with milk or cream, Post Toasties make an ideal breakfast, luncheon or supper dish. Try the custard or omelet and note how Post Toasties may be used to impart new flavour and variety to your favourite recipes.



Instant Postum.

Instant Postum is the greatest home drink in the world, because the children, as well as their elders, can enjoy it without fear of harmful effects.

Made entirely of cereals, Postum can be depended upon as a healthful drink with a delicious flavour and body that is truly satisfying.

Instant Postum is so easy to prepare—even the children can make it. A spoonful in the cup with boiling water added and you have a full-bodied refreshing mealtime beverage. By varying the amount of Postum you may have the cup strong or mild as your taste prefers.

Instant Postum may be used in the preparation of many tasty recipes. Try those given below—you will be delighted with the new flavour that Postum gives.

Post's Bran Flakes.

Housewives generally have begun to realise that in preparing white flour the wheat berry is robbed of its most valuable food constituents.

In Post's Bran Flakes practically all of these constituents are retained, in this way the vitamin-B content of the wheat is preserved together with the essential mineral elements. Post's Bran Flakes is particularly rich in phosphorus and iron.

Post's Bran Flakes is fully cooked and is ready to eat as a cereal with milk or cream. Served in this way its delicious flavour and crispness will be most enjoyed and its regulative action best secured.

For those who wish variety, Posts Bran Flakes may be used in some of the ways suggested in the recipes found on page 21, 22 and 23.

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Mutton Broth

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|-----------------------------------|-----------------------------|
| 4 level tablespoonfuls Grape-Nuts | 1 turnip |
| 2 pounds lean mutton | 1 carrot |
| 3 pints cold water | 1 level teaspoonful parsley |
| 1 level teaspoonful salt | 1 onion |

Cook just at the boiling point, the meat and vegetables in the water, for two hours. Strain, remove fat and return broth and vegetables to saucepan, season, add the Grape-Nuts and simmer gently for some minutes. Serve hot with chopped parsley sprinkled on top.

Chestnut Soup with Grape-Nuts

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| $\frac{1}{4}$ cup Grape-Nuts | $\frac{1}{4}$ cup flour |
| 2 cups mashed chestnuts | 6 cups milk |
| 4 level tablespoonfuls butter | $1\frac{1}{2}$ level teaspoonfuls salt |
- Cover chestnuts with boiling water and cook ten minutes. Drain and while hot quickly remove the shell and fibrous covering next to the chestnut. Press through a colander. Prepare a sauce of the flour, butter, milk and salt; cook five minutes. Add the chestnuts and Grape-Nuts, bring to the boiling point and serve.

Cream of Asparagus Soup—Post Toasties

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| 1 cup Post Toasties | $1\frac{1}{2}$ cups milk |
| 1 pound can asparagus, cooked | $1\frac{1}{2}$ cups cream |
| 1 tablespoonful butter | 1 tablespoonful flour |
| 1 tablespoonful salt | |

Remove the tips from the asparagus and reserve to add to finished soup. Press the stalks through the colander. Heat milk to scalding point, mix flour and butter to smooth paste, add hot milk stirring continuously. Add asparagus puree and cook five minutes. Add tips, cream and salt, heat to boiling point, serve with Post Toasties sprinkled on each serving.

Tomato Soup

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| 1 level tablespoon-ful Grape-Nuts | 1 level teaspoonful salt |
| 1 pint of tomatoes | $\frac{1}{2}$ level tablespoonful sugar |
| 1 pint of water | 1 level tablespoonful chopped onion |
| 5 cloves | 1 level tablespoonful chopped parsley |
| 1 level table-
spoonful flour | 1 level tablespoonful butter |
| A few pepper corns | |

Place to cook all the ingredients, except the Grape-Nuts, flour and butter, and simmer until tender. Rub through a sieve, thicken with one tablespoonful each of flour and butter well mixed before being stirred in. Add the Grape Nuts, simmer a few minutes and serve hot.

Escalloped Oysters with Post Toasties

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| 2 cups Post Toasties | 2 level tablespoonfuls butter |
| 1 pint oysters | $\frac{1}{2}$ level teaspoonful salt |
| 1 cup milk | 1-16 level teaspoonful pepper |

Place a layer of Post Toasties in a buttered baking dish, then a layer of oysters, add seasonings, repeat layers, covering top with Post Toasties. Add milk and bake thirty minutes in moderate oven.

* Fried Trout

Cut fish in portions two inches thick, wipe as dry as possible and sprinkle with salt. Beat an egg until well blended, add one tablespoonful water. Roll each portion of fish in Post Toasties, then dip in beaten egg, roll again in Toasties and fry.

Baked Fish with Dressing

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| 1 cup Post Toasties | $\frac{1}{4}$ cup cream |
| 1 level tablespoonful melted butter | Small onion chopped fine |
| $\frac{1}{4}$ cup Tomato catsup | $\frac{1}{4}$ level teaspoonful salt |
| | Dash of red pepper |

Wet a cloth with salted water and cleanse thoroughly the inside and outside of the fish. Rub the inside with salt, combine the ingredients in the order given and place in fish. Sprinkle with salt, brush over with melted butter, dredge with flour and place an oiled fish sheet in dripping pan, bake in hot oven. Garnish with hard-boiled eggs and sliced lemon or parsley and serve.

Chicken Cutlets

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|---------------------------------|-----------------------|
| $\frac{1}{2}$ cup Post Toasties | 1 chicken |
| $\frac{1}{2}$ cup boiled rice | Dipping sauce |
| 1 egg | 1 egg |
| 1 cup cream | 2 tablespoonfuls milk |

Cut up chicken as for stewing, and cook one hour slowly. When tender cut in small pieces about one inch long with scissors. Add Post Toasties, boiled rice, egg and cream. Form in small cakes. Dip in egg and milk, then in Post Toasties and fry quickly in hot butter,

Chicken Roll

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|---|--------------------------------------|
| 1 cup Grape Nuts | 2 eggs well beaten |
| $\frac{1}{2}$ cup cooked minced chicken | $\frac{1}{2}$ level teaspoonful salt |
| | 1 level teaspoonful parsley |
| 2 level tablespoonfuls minced ham | |

Combine the ingredients and let stand some minutes, roll into little shapes about the size of an egg, cover with oiled paper, bake 20 to 30 minutes. Serve with brown sauce. Any cold meat, seasoned to taste, may be served in the same way.



Baked Tomatoes with Grape-Nuts

For each two tomatoes prepare the following :—

2 level tablespoonfuls	1 level tablespoonful
Grape-Nuts	butter
Pulp from tomatoes	1 hard-cooked egg yolk
$\frac{1}{2}$ small onion	$\frac{1}{2}$ level teaspoonful salt

1-16 teaspoonful pepper and sage if liked

Cut off a slice from the blossom end of the tomatoes, take out the pulp carefully with a spoon. Cook the onion, chopped fine, and the butter in a double boiler ten to fifteen minutes, add pulp, cook five minutes. Then add Grape-Nuts, seasonings and finely mashed egg yolk. Place mixture in the tomato shells, cover with breadcrumbs and bits of butter place in a buttered pan and bake in moderate oven thirty minutes.

Post Toasties Macaroni au Gratin

1 cup Post Toasties	1 cup milk
1 cup macaroni	2 level tablespoonfuls butter
$\frac{1}{2}$ cup cheese	2 level tablespoonfuls flour

1 level teaspoonful salt

Break macaroni into one-inch lengths. Drop into pan of boiling salted water and cook until perfectly tender, from 30 to 40 minutes ; drain, pour over it a wash of cold water. Grate the cheese, rub butter and flour together, add milk, stir until boiling, then add salt. Put layer of macaroni in buttered baking dish, with a layer of cheese, Post Toasties and sauce. Bake in moderate oven 20 to 30 minutes.

Potatoes au Gratin

$\frac{1}{2}$ cup Post Toasties	2 level tablespoonfuls butter
2 cups cooked diced potatoes	$\frac{1}{2}$ small onion chopped
	$\frac{1}{2}$ level teaspoonful salt
$\frac{1}{2}$ cup grated cheese	1-16 teaspoonful pepper

2 cups milk

Combine the ingredients and bake in moderately quick oven 30 minutes.

Baked Eggs with Grape-Nuts

$\frac{1}{2}$ cup Grape-Nuts	6 eggs
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1 cup rich milk

To the milk add the Grape-Nuts. Break the eggs into a buttered baking dish. Pour over carefully the milk containing the Grape-Nuts. Bake in a moderate oven until a delicate brown.

Individual ramekins may be used if desired.



CHICKEN CUTLET, BAKED FISH WITH DRESSING



POST TOASTIES CROQUETTES, MACARONI AU GRATIN

Tomato Salad

$\frac{1}{4}$ cup Grape-Nuts Cottage or Neufchâtel cheese
6 firm ripe tomatoes Mayonnaise dressing
Lettuce to garnish

Immerse the tomatoes in boiling water for one minute, then carefully peel. Cut each tomato into five sections, leaving a portion at the base uncut to hold sections together. Place on lettuce leaf on individual serving plates. Mix the Grape-Nuts and cheese, form into cup-like portions, place on base portion of tomatoes and fill the formed cups with mayonnaise. Serve ice cold.

Salmon Salad with Post Toasties

3 cups Post Toasties 1 cup mayonnaise dressing
1 lb. tin salmon Lettuce to garnish

Remove bones and dark skin from salmon and break fine with silver fork. Add Post Toasties and dressing and combine well. Half a cup of chopped celery adds a pleasing flavour. This makes an excellent sandwich filling.

Stuffed Tomatoes

1 cup Post Toasties $\frac{1}{2}$ cup bread crumbs
6 firm smooth tomatoes 1 level tablespoonful sugar
3 level tablespoonfuls 1 level teaspoonful salt
butter

Cut a thin slice from smooth end of each tomato and with a small spoon scrape out as much of the juice and pulp as possible without injuring the shape. Mix the juice and pulp with Post Toasties and bread crumbs; add sugar, salt and a little red pepper. Fill tomatoes, put bits of butter on top, and bake thirty-five minutes.

Apple Salad

$1\frac{1}{2}$ cups Grape Nuts 6 walnuts
4 apples 1-16 teaspoonful salt
1 stalk celery 1 small onion
Serve with mayonnaise dressing (See page 9).

Emerald Salad

1 cup Grape-Nuts Lettuce, half a head
1 lb. or tin French green peas $\frac{1}{2}$ level teaspoonful salt
Juice of half lemon 1-16 teaspoonful paprika
Drain off the liquor from the can of peas, and allow cold water to run over them until thoroughly washed; drain dry. Mince fine the lettuce, tearing it with a fork. Combine all the ingredients and blend carefully with the mayonnaise dressing. Place in apple cups, garnish with lettuce and serve at once. Serve with mayonnaise dressing (See page 9).



Grape-Nuts Salad

2 cups Grape-Nuts 2 apples
1 banana $\frac{1}{2}$ cup walnuts
1 level tablespoonful sugar

Cut up fruit and nuts and mix with Grape-Nuts and sugar. Serve with cream.

Waldorf Salad

1 cup diced apples 1 cup celery, cut fine
1 cup Grape-Nuts

Select firm, tart apples and cut into half-inch cubes, combine with the finely-cut celery and Fruit Salad Dressing at once to prevent discoloration. Add Grape-Nuts and place on ice until serving time. - Serve with Fruit Salad Dressing (See page 20).

Post Toasties Salmon Salad

1 cup Post Toasties $\frac{1}{2}$ cup cut celery
1 lb. tin salmon 2 dill pickles
6 hard boiled eggs 1 small onion

8 olives or may use $\frac{1}{2}$ cup green peas

Flake the salmon, chop onions, celery, eggs and olives and carefully combine. Two of the eggs may be used for garnishing if desired. Moisten well with any good mayonnaise dressing and serve cold.

Mayonnaise Dressing

1 egg 2 level tablespoonfuls butter
2 level tablespoonfuls 2 level tablespoonfuls water
lemon juice $\frac{1}{2}$ level teaspoonful salt

To the well-blended egg add the water, butter, salt and lemon juice. Cook in double boiler, stirring constantly until mixture begins to thicken. Remove from heat and cool immediately. This dressing may be used with any combination of vegetables for salad.

Grape-Nuts Sandwich

1 cup Grape-Nuts $\frac{1}{2}$ cup mayonnaise
1 cup cream cheese dressing

Grate the cheese and add mayonnaise dressing to moisten. Add Grape-Nuts. Spread between thin slices of bread

Post Toasties Sandwiches

$\frac{1}{2}$ cup crushed Post $\frac{1}{2}$ pound cream cheese
Toasties $\frac{1}{4}$ cup hot milk or cream
10 thin slices buttered bread

Cut or break the cheese quite fine, add the hot cream and work to a smooth paste, add crushed Post Toasties and when well combined with cheese mixture spread between slices of buttered bread. Most excellent for school lunch. May also be toasted and served hot at luncheon.





TOMATO SALAD, POST TOASTIES SANDWICH



POST TOASTIES MACAROONS, GRAPE NUTS GEMS, BRAN BREAD

Banana Croquettes

1 cup Grape-Nuts 1 egg
6 bananas 2 level tablespoonfuls milk or water
Peel the bananas and scrape to remove the acrid portion next to the skin. Beat the egg just sufficiently to blend the white and yolk, add the milk. Dip the bananas into the beaten egg, then roll in the Grape-Nuts until well coated. Place on an oiled tin and bake in moderate oven until tender, which will be from twenty to thirty minutes.

Post Toasties Croquettes

3 cups Post Toasties 3 level tablespoonfuls
3 level tablespoonfuls butter strained tomato
2 cups cooked haricot beans
Combine the butter, strained tomato and beans (stewed dry or baked). Then fold in the Post Toasties, shape into croquettes and bake on an oil tin. If beans baked in tomato sauce are used, the strained tomato may be omitted.

Grape-Nuts Croquettes

1 cup Grape-Nuts 1 well beaten egg
1 level tablespoonful flour 1 level tablespoonful milk
1 level teaspoonful sugar 1 level teaspoonful butter
 $\frac{1}{8}$ level teaspoonful salt

Mix ingredients and beat to a paste. Shape into small cakes, dip into beaten egg, then into flour or cracker crumbs, fry in hot butter. Turn with care, when done to a nice brown, place in heated colander until ready to serve.

Post Toasties Griddle Cakes

1 cup Post Toasties 2 level tablespoonfuls melted
1 cup wheat flour butter
1 egg 2 level teaspoonfuls sugar
1 cup milk 2 level teaspoonfuls baking-
 $\frac{1}{2}$ level teaspoonful salt powder

Mix and sift flour, salt, sugar and baking-powder. Beat the egg until very light, add milk and pour slowly on dry ingredients, add melted butter and beat vigorously. Fold in Post Toasties and fry on hot griddle.

Grape-Nuts Griddle Cakes

3 level tablespoonfuls 2 $\frac{1}{4}$ cups flour
Grape-Nuts $\frac{1}{2}$ level teaspoonful salt
2 cups sour milk 1 $\frac{1}{2}$ level teaspoonfuls soda
1 egg

Let the Grape-Nuts soak one half hour in the sour milk. Sift together the flour, salt and soda, then add the sour milk and Grape-Nuts and egg well beaten.

As the thickening qualities of flour vary, a little more or less may be required.



Grape-Nuts Cottage Pudding

1 cup Grape-Nuts	$\frac{1}{4}$ cup butter
2 eggs	$1\frac{1}{2}$ cups flour
1 cup seeded raisins	3 level teaspoonfuls baking powder
1 cup milk	

Heat milk hot and pour on Grape-Nuts, add butter and well-beaten eggs. Wash the raisins thoroughly, dry on linen towel and add sufficient of the flour to coat each raisin well. Sift the remainder of the flour and baking powder together, add to the mixture. Carefully fold the raisins into the mixture just before placing in the oven. Serve cold with foamy pudding sauce (See page 16).

Post Toasties Pineapple Pudding

1 cup Post Toasties	3 eggs
1 cup tinned pineapple	3 cups milk
$\frac{1}{2}$ cup sugar	1 level teaspoonful orange extract

Butter a quart pudding pan well, sprinkle the bottom with one-half cup of Post Toasties, over which place a few pieces of sliced pine-apple (tinned is best); then another one-half cup of Post Toasties and another layer of fruit. Make a custard mixture with the eggs, sugar and milk. Season with orange extract; pour over the fruit and Post Toasties. Bake in a moderate oven until firm in the centre. (Beating the eggs too much and making the pudding too fast will make it watery.) Serve either hot or cold with pineapple pudding sauce (See page 16).

Grape-Nuts Six-Minute Pudding

1 cup Grape-Nuts	$1\frac{1}{2}$ cups milk
1 level tablespoonful sugar	

To the milk, add the Grape-Nuts and sugar, boil six minutes, cool and serve with whipped cream.

Grape Juice and Grape-Nuts Pudding

$\frac{1}{4}$ cup Grape-Nuts	1 cup grape juice
$\frac{1}{4}$ cup chopped walnuts	1 cup boiling water
$\frac{1}{2}$ box or 2 level tablespoonfuls	granulated gelatine

Dissolve gelatine in boiling water, add Grape Nuts, grape juice and chopped nuts. Mould and serve with whipped cream.

Pudding Sauce

1 cup sugar	1 level tablespoonful flour
2 cups boiling water	1 level tablespoonful butter
1-16 level teaspoonful salt	

Run together the butter, flour and sugar, and add slowly the boiling water.

Cook 5 minutes. Add salt.

Flavour to taste or add glass of wine.





BAKED APPLES WITH GRAPE NUTS, EGG NOG



GRAPE NUTS FRUIT SALAD, GRAPE NUTS RAISIN PIE

Whipped Cream Sauce

1 cup cream 2 level tablespoonfuls powdered sugar
1 level teaspoonful vanilla flavouring
Chill the cream, add sugar and flavouring, then whip or beat with an egg-beater until light and foamy.

Foamy Pudding Sauce

1½ cups sugar 1 level tablespoonful flour
½ cup butter ¼ cup boiling water
1 teaspoonful vanilla flavouring

Mix flour, sugar and butter together. Add the boiling water gradually and cook over hot water until like thick cream. Flavour and serve with pudding.

Pineapple Pudding Sauce

1 cup pineapple juice 2 level teaspoonfuls
1 level tablespoonful cornflour
butter ½ level teaspoonful salt
Cook in a double boiler or saucepan until clear. As the pudding is rich with fruit and the custard keeps it moist, only a little sauce is needed.

Instant Postum Jelly

1 level teaspoonful Instant Postum dissolved in ¼ cup boiling water ; ½ box of plain gelatine moistened with ¼ cup cold water Juice ¼ lemon
½ cup sugar 1½ cups boiling water
Pour the boiling water over the moistened gelatine, stir until dissolved. Add other ingredients. Pour into a shallow granite or porcelain pan, having been rinsed with cold water, stand in a cool place to set. Cut into one-half-inch cubes and serve with whipped cream or custard sauce.

Grape-Nuts Strawberry Mould

1 cup Grape-Nuts 2 level tablespoonfuls
¾ cup strawberries granulated gelatine
1 cup strawberry juice ½ cup sugar
½ cup almonds (blanched)

Dissolve the gelatine in 1 cup of boiling water. Add Sugar and strawberry juice. When it begins to harden add Grape Nuts, crushed almonds and strawberries cut in halves. Mould and serve with whipped cream.

Pineapple Jellied with Grape-Nuts

½ cup Grape-Nuts ½ cup grated tinned
¼ cup crushed blanched pineapple
almonds 1 pint boiling water
1 box pineapple-flavor gelatine ½ cup sugar

Dissolve gelatine in boiling water, add sugar, Grape-Nuts, grated pineapple, crushed almonds, turn into several small or one large mould and set aside until jelly stiffens.



Jellied Prunes with Grape-Nuts

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| $\frac{3}{4}$ cup Grape-Nuts | 2 tablespoonfuls granulated |
| $\frac{1}{4}$ cup sugar | gelatine |
| Juice of one lemon | $\frac{1}{2}$ cup cold water |
| 2 pints water | $\frac{1}{2}$ pound prunes |

Wash prunes, cut in small pieces and soak in the two pints of water some hours. Stew gently until prunes are tender. There should be $3\frac{1}{2}$ cups, after cooking. Soak gelatine in cold water five minutes, then dissolve in boiling prune liquid; add sugar, lemon juice and Grape-Nuts. Pour into moulds, let stand few hours, serve with cream.

Grape-Nuts Raisin Pie

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| $\frac{3}{4}$ cup Grape Nuts | $2\frac{1}{4}$ cups hot water |
| $\frac{1}{2}$ cup raisins seeded and
chopped | $\frac{1}{2}$ cup vinegar |
| $1\frac{1}{2}$ cups brown sugar | 3 tablespoonfuls
butter |

Mix in order given, and cook for 10 minutes. Cool. Put into a paste-lined plate and cover with half-inch strips of paste placed half an inch apart to form a lattice top. Trim edges neatly, moisten and finish with a half-inch strip of paste round the edge. Bake about 40 minutes. The oven should be hot for the first 15 minutes and then the heat should be reduced. This recipe will serve six persons.

Fig Custard

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| 2 level tablespoonfuls
Grape-Nuts | $\frac{1}{2}$ pound figs |
| 1 cup milk | 2 eggs |
| $\frac{1}{2}$ cup sugar | Nutmeg or orange to flavor |

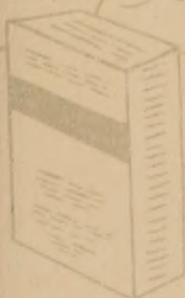
Split the figs and line a plain buttered mould with them, placing seed side of figs next to mould. Beat the eggs, add milk, sugar, Grape-Nuts and flavouring. Pour custard gently into mould, cover and steam until set.

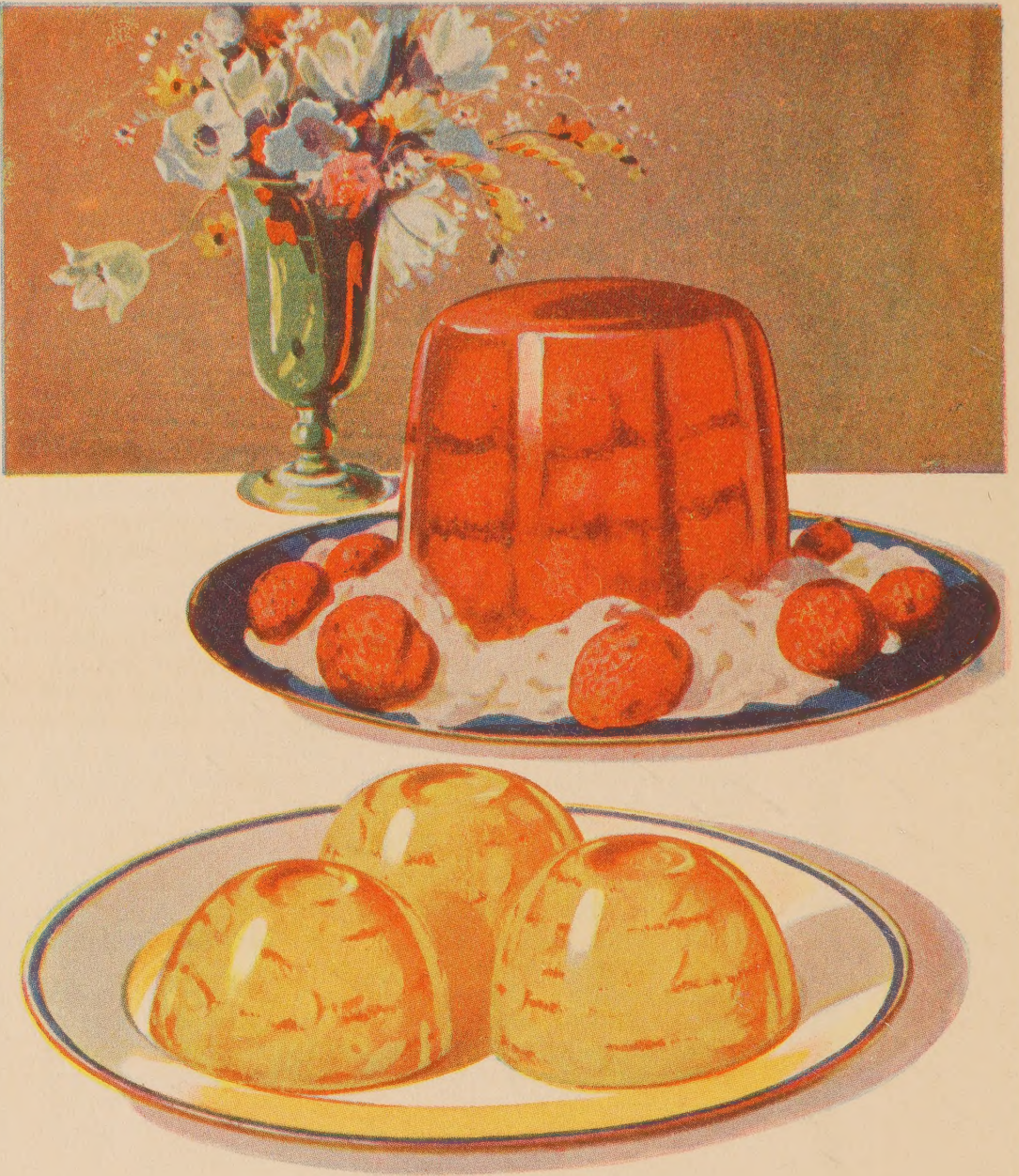
Postum Custard (Flour)

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| 4 level tablespoonfuls
Instant Postum | 2 level tablespoonfuls
cornflour |
| 2 eggs | 1 level tablespoonful
butter |
| 2 pints milk | $\frac{1}{8}$ level teaspoonful
salt |
| $\frac{1}{4}$ cup sugar | |

Dissolve Instant Postum in $\frac{1}{4}$ cup of boiling water. Dissolve the cornflour in $\frac{1}{4}$ cup of the milk and heat the rest of the milk to near boiling point; then add cornflour and Postum, well beaten eggs, sugar, butter and salt.

Cook in double boiler, stirring continuously. Cool in moulds and serve with whipped cream.





GRAPE NUTS STRAWBERRY MOULD,
PINEAPPLE JELLIES WITH GRAPE NUTS



GRAPE NUTS ICE CREAM,

INSTANT POSTUM CUSTARD

Grape-Nuts Banana Cream

3 level tablespoonfuls Grape-Nuts $\frac{1}{2}$ cup sugar
1 egg 1 level tablespoonful butter
1 scant cup cream $\frac{1}{2}$ banana

Peel the banana and mash fine with silver fork. Combine all the other ingredients and when the boiling point is reached pour over the crushed banana. Chill and serve with whipped cream or custard sauce.

Grape-Nuts Fruit Salad

Grape Nuts Powdered sugar
5 oranges 4 apples

Whipped cream

Pare and cut into thin slices the fruit, arrange in the salad bowl a layer of fruit, and an even sprinkling of Grape-Nuts and powdered sugar to taste. Continue alternating until materials are used. Let stand in a cool place while the cream is being whipped to a stiff froth, sweeten and flavour with orange or pineapple extract. Just before serving spread over salad. To garnish, circles of candied cherries or strawberries may be used.

Fruit Salad Dressing

1 egg 2 level tablespoonfuls pineapple,
2 level tablespoonfuls sugar orange or apple juice
2 level tablespoonfuls lemon juice

Beat the egg sufficiently to blend white and yolk, add sugar and strained fruit juices. Cook in double boiler, stirring constantly until thickened. Cool and combine with salad. This dressing is most excellent with any combination of fruits.

Post Toasties Minute Shortcake

1 cup Post Toasties 2 level tablespoonfuls sugar
 $\frac{1}{2}$ cup sliced strawberries or other fruit

Put layer of Toasties on plate, cover with strawberries; then sugar; another layer of Toasties and strawberries. Serve with rich cream.

Baked Apples with Grape-Nuts

6 level tablespoonfuls Grape-Nuts $\frac{3}{4}$ cup sugar
6 apples (Greenings preferred) $\frac{1}{2}$ cup water
1 lemon (if desired)

Wash and core the apples, place in baking dish and fill cavities with Grape-Nuts, sugar and few drops of lemon juice, or place a slice of lemon on each apple. Pour the water into baking dish and bake in slow oven. When done sprinkle with powdered sugar.



Grape-Nuts Loaf Cake

1 cup Grape-Nuts	$\frac{1}{2}$ cup butter
$2\frac{1}{2}$ cups flour	$1\frac{1}{2}$ cups sugar
3 eggs	2 level teaspoonfuls baking-
1 cup milk	powder
	1 teaspoonful vanilla

Cream butter and sugar; add egg yolks well beaten, then milk, Grape-Nuts and vanilla flavouring; beat well, fold in alternately the stiffly-beaten egg white and flour sifted with baking-powder; bake thirty-five minutes in a paper lined pan in a moderate oven.

Economy Cake

1 teaspoonful Instant Postum	2 eggs
2 level tablespoonfuls butter	$1\frac{1}{2}$ cups pastry flour
2 level teaspoonfuls baking-	1 cup sugar
powder	$\frac{1}{2}$ cup cold water

Dissolve the Instant Postum in one tablespoonful boiling water; let cool. Cream the sugar and butter, add the egg yolks and beat well, add the liquid and flour with which has been sifted the baking-powder; then fold in the stiffly beaten egg whites.

Postum Icing for Cakes

1 cup sugar	white of 1 egg
2 level teaspoonfuls Instant Postum	$\frac{1}{4}$ cup boiling water

Dissolve Postum in boiling water, add sugar and boil until it "threads." Pour on to well beaten egg white, slowly beating all the while. Spread on cake while warm.

Post's Bran Bread

1 egg	1 teaspoonful bi-carbonate of soda
1 cup brown sugar	$1\frac{1}{2}$ cups Post's Bran Flakes
1 cup sour milk	1 teaspoonful salt
$1\frac{1}{2}$ cups flour	1 cup raisins

Instead of sour milk and bi-carbonate of soda, 1 cup of sweet milk and 6 teaspoonfuls baking powder may be used.

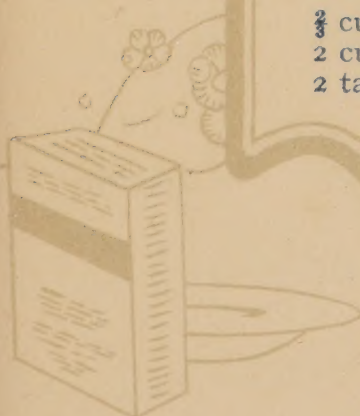
Beat the egg, stir in sugar and add the liquid, mix all well. Sift the flour and bi-carbonate of soda, then add Bran and raisins. Let rise 20 minutes and bake in a moderate oven.

Post Toasties Wafers

$\frac{2}{3}$ cup finely crushed Post Toasties	
2 cups white flour	$\frac{2}{3}$ cup cream
2 tablespoonfuls sugar	$\frac{1}{2}$ tablespoonful salt

Combine the dry ingredients, then moisten with the cream to form stiff dough.

Knead five minutes, roll thin, cut into desired shapes and bake in moderate oven until crisp.



Grape-Nuts Cookies

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| 1 cup Grape-Nuts | 3 level tablespoonfuls sour |
| 1 cup sugar | milk |
| $\frac{1}{2}$ cup butter | 1 level teaspoonful soda |
| 3 cups flour | $\frac{1}{2}$ level teaspoonful grated |
| 1 egg | nutmeg |

Cream butter and sugar, add egg, milk, Grape-Nuts, and beat thoroughly. Add flour, nutmeg and soda dissolved in one tablespoonful hot water. Roll thin and bake on an oiled tin in a moderate oven.

Grape-Nuts Gems

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|------------------------------|--------------------------------|
| $\frac{1}{4}$ cup Grape-Nuts | 1 $\frac{1}{4}$ cups cream |
| 2 cups flour | 3 level teaspoonfuls baking |
| 2 eggs | powder |
| | $\frac{1}{2}$ teaspoonful salt |

Mix and sift flour, salt and baking powder four times, add the Grape-Nuts. Separate the whites and yolks of the eggs. Beat the yolks and add with the cream to the flour slowly. Beat the whites and fold into the batter. Bake in oiled gem pans twenty to twenty-five minutes.

Grape-Nuts Drop Cakes

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| $\frac{1}{2}$ cup Grape-Nuts | 1 egg |
| 3 level tablespoonfuls sugar | $\frac{1}{2}$ cup flour |
| 1 level tablespoonful butter | 2 level teaspoonfuls |
| 2 level tablespoonfuls water | baking-powder |
| | 1 level teaspoonful vanilla |

Cream butter and sugar, add water and yolk of large egg. Sift together the flour and baking-powder; then add to the mixture. Flavor, add the white of an egg beaten to a stiff froth and the Grape-Nuts. Drop by spoonfuls on an unbuttered tin, one-half inch apart; sprinkle with a little sugar and Grape-Nuts and bake in a rather slow oven. Flour the tin slightly before dropping on the mixture.

Appetizing Bran Cookies

- | | |
|---------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup butter or other fat | $\frac{1}{4}$ teaspoon clove |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ teaspoon allspice |
| 1 egg | $\frac{1}{2}$ cup raisins |
| $\frac{3}{4}$ cup flour | $\frac{1}{4}$ cup walnut meats |
| 1 teaspoon baking powder | 1 cup Post's Flakes |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{4}$ cup milk |
| $\frac{1}{2}$ teaspoon cinnamon | |

Cream butter and sugar. Add beaten egg. Mix well. Sift flour, baking powder, salt and spices together. Add to egg mixture, together with raisins, nuts, Post's Flakes and milk. Mix. Drop from teaspoon on greased tins and bake in moderate oven.

This makes 36 cookies.



Bran Muffins

2 eggs	3 tablespoons sugar
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ tablespoon salt
$1\frac{1}{2}$ teaspoons baking powder	$1\frac{1}{2}$ cups Post's Flakes
$\frac{3}{4}$ cup milk	2 teaspoons butter or other fat

Beat eggs and add sugar. Sift flour, baking powder and salt together and add Post's Flakes. Add to egg mixture alternately with milk. Mix well. Add melted butter. Put in greased muffin pans and bake in hot oven about 25 minutes. This makes 9 to 12 muffins.

Post Toasties Macaroons

1 cup desiccated coconut	Pinch of salt
1 cup sugar	Whites of two eggs
2 cups Post Toasties	beaten stiff

Mix all together thoroughly, drop by spoonfuls on a greased pan and bake in a moderate oven.

Bran Macaroons

1 egg	1 cup Post's Flakes
$\frac{1}{4}$ cup sugar	$\frac{1}{8}$ teaspoon almond extract
$\frac{1}{4}$ teaspoon salt	$\frac{1}{8}$ teaspoon lemon extract

Beat egg until light and stir in gradually the ingredients in the order given. Drop mixture in teaspoonfuls on a greased baking sheet and bake in a slow oven, until delicately browned. This makes a dozen macaroons. Serve for afternoon tea, with punch in the evening or with dessert.

Grape-Nuts Macaroons

$\frac{1}{2}$ cup Grape-Nuts	1 level tablespoonful sugar
white of 1 egg	1 level tablespoonful ground walnuts

To the stiffly-beaten egg white add the sugar, Grape-Nuts and ground walnuts. Drop by spoonfuls on a buttered tin and bake five minutes.

Grape-Nuts Pie with Grape-Nuts Crust

1 level tablespoonful Grape-Nuts	1 cup milk
$\frac{1}{2}$ cup sugar	1 egg
1 level tablespoonful flour	$\frac{1}{4}$ level teaspoonful nutmeg
$\frac{1}{8}$ level teaspoonful allspice or cinnamon	

To the sugar add the flour and spices and mix thoroughly, add Grape-Nuts, beaten egg and hot milk, stirring continuously. Cook until thick and creamy and pour into crust.

Bake in quick oven until crust is set and pie nicely browned. Just before serving cover with whipped cream, or a meringue may be used.



Grape-Nuts Ice Cream (No. 1)

1 cup Grape-Nuts 1 level teaspoonful almond
1 quart rich cream extract
4 level tablespoonfuls 1 level teaspoonful vanilla
sugar extract

Scald 1 pint of the cream in a double boiler, and to this add, while hot, the Grape-Nuts and sugar. Stir well, and when cool add the remaining cream and flavourings. Turn into a freezer and proceed as for ice-cream. A tablespoonful of sherry may take the place of the extracts, if desired.

Grape-Nuts Ice Cream (No. 2)

Prepare vanilla ice-cream in usual way. Just before the cream congeals in freezing, add dry Grape-Nuts in the proportion of one cupful to one gallon of ice-cream. This will retain the crispness of the granules and they will give the cream a highly palatable, nut-like flavour.

Instant Postum Ice Cream

Prepare ingredients according to your favourite recipe, using only Instant Postum as a flavouring; for each quart of ice-cream, add 2 level teaspoonfuls of Instant Postum dissolved in 2 tablespoonfuls of boiling water.

Instant Postum Flavouring

Spice Cake :—Dissolve 1 level tablespoonful Instant Postum in 2 tablespoonfuls boiling water and add to any spice cake recipe. Improves colour and flavour.

Instant Postum Used as Flavouring

Brown gravies of any kind : Dissolve 1 teaspoonful Instant Postum in 2 tablespoonfuls boiling water and add to gravy. Gives rich colour and flavour.

Cheese Toast with Grape-Nuts

2 level tablespoonfuls Grape- 2 level tablespoonfuls
Nuts hot milk
½ pound cheese Buttered toast
2 level teaspoonfuls horseradish

Grate or mash fine the cheese and melt with the hot milk or cream if preferred, spread thickly on buttered toast which has had a thin spreading of the horse-radish, then sprinkle cheese with Grape-Nuts. Return to the oven to warm and serve hot.



